

Top 10 Questions to Ask Your Heart Failure Specialist



MANAGING HEART FAILURE MEANS BEING ACTIVE IN YOUR HEALTHCARE.

Asking the right questions can help you understand your condition better, make informed decisions, and improve your life. Here are 10 important questions to ask your heart failure specialist:

01

WHAT IS CAUSING MY HEART FAILURE?

Ask your doctor what's causing your heart failure such as high blood pressure or blocked arteries so you can better manage your treatment plan.

02

WHAT STAGE OF HEART FAILURE AM I IN?

Ask your doctor which stage of heart failure you're in and what it means for your care and treatment.

03

WHAT ARE MY TREATMENT OPTIONS?

Ask your doctor about your heart failure treatment options like medications, devices, lifestyle changes, or surgery and what to expect from each.

04

HOW CAN I MONITOR MY CONDITION AT HOME?

Ask your doctor how to track your symptoms at home, including changes in weight, blood pressure, or new signs. Catch problems early and use our self-management toolkit for support.

05

WHAT LIFESTYLE CHANGES SHOULD I MAKE?

Ask your doctor for guidance on diet, exercise, quitting smoking, and reducing alcohol. These lifestyle changes can help you manage heart failure and improve your heart health.



Monitor your health and medications using our Toolkit at [HeartLife.ca](https://heartlife.ca)

06 ARE THERE ANY LIMITS ON PHYSICAL ACTIVITY?

Ask your doctor which exercises are safe for you so you can stay active safely.

07 HOW WILL MY MEDICATIONS AFFECT MY DAILY LIFE?

Ask your doctor how your medications may affect your routine, including side effects and precautions.

08 WHAT SUPPORT RESOURCES ARE AVAILABLE?

Ask your doctor about resources like education programs, support groups, and counseling. Connect with others through HeartLife's Help for Hearts Facebook Group.

09 HOW OFTEN SHOULD I HAVE FOLLOW-UP VISITS?

Ask your doctor how often to schedule check-ups and what will be reviewed at each visit to track your progress.

10 WHAT SHOULD I DO IF MY SYMPTOMS GET WORSE?

Ask your doctor what to do if your symptoms worsen, such as increased shortness of breath, weight gain, swelling, or fatigue. Knowing when to get help can prevent complications.



Take Control of Your Heart Health

Asking questions helps you take control of your heart health. Write down any others you have and bring them to your appointments—your doctor is there to help you live well with heart disease.

Take Action Today!

Asking these questions will help you stay in control of your heart disease and improve your health. Don't forget to write down other questions you may have and bring them to your appointments. Your doctor is here to help you live well with heart disease.



HEARTLIFE ACADEMY

For more information and other support please visit us at heartlife.ca/academy/



HeartLife FOUNDATION

Canada's patient-led heart disease charity
"It's About Life, Not Failure™"



join us at heartlife.ca

Our Mission

The HeartLife Foundation is a patient-driven charity whose mission is to transform the quality of life for people living with cardiovascular diseases by engaging, educating, and empowering a global community. We aim to create lasting solutions, drive innovation, and build healthier lives for patients, caregivers, and families worldwide.